

EFNEP: CELEBRATING 50 YEARS OF USDA-NIFA FUNDED NUTRITION EDUCATION

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WHO WE ARE



WHAT WE DO & WHO WE SERVE

THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP) provides *free* nutrition education to *limited resource families*, particularly those with young children, and *youth* enrolled in schools/districts with 50% or more students eligible for Free and Reduced Lunch. The program has been in effect since 1969. EFNEP is funded by the United States Department of Agriculture's National Institute of Food and Agriculture (USDA-NIFA).

EFNEP IS IMPLEMENTED using a paraprofessional model of community nutrition education. Here in Ohio, the paraprofessionals who work for EFNEP are referred to as Program Assistants (PAs), but they do far more than assist the program. Our PAs are the *heart* of the program. Their energy, dedication, personal experiences, and presence within their communities, coupled with our robust evaluation and reporting procedures, are what make EFNEP such a strong program—a program that has been serving communities throughout the country for *FIFTY YEARS*.

WHERE WE ARE

IN OHIO, EFNEP is in 20 counties throughout the state.

NATIONALLY, EFNEP provides nutrition education in *all* 50 U.S. states and the six U.S. territories (Guam, Puerto Rico, the Virgin Islands, American Samoa, Micronesia, & Northern Marianas).



A brief timeline of EFNEP's (not-so-brief) history

The Beginning of an Era
AFTER SUCCESSFUL PILOTING IN 5 STATES (1964), PRESIDENT JOHNSON AUTHORIZED, AND THE USDA PROVIDED, \$10 MILLION FOR AN EXPANDED HOMEMAID PROGRAM FOR LOW INCOME FAMILIES (1968).

1969
EFNEP is born. Congress appropriates \$30M for national program to improve health and wellbeing of low-income families.

1970
A youth component is added to the program. EFNEP receives a \$48M national budget.

1976
Program policy guidelines are published.

1982
U.S. territories become eligible for funding to implement EFNEP.

1983
Program policy guidelines are revised.

1986
Computerized record and reporting system implemented.

1989
EFNEP receives a \$58.7M national budget.

1992
National Evaluation Reporting System (ERS) implemented.

2001
Core competencies developed for program coordinators.

2004
GAO report recognizes EFNEP's data reporting as unique among national nutrition programs.

2005
Core competencies developed for paraprofessionals.

2006
1890 institutions (HBCUs) become eligible for funding to offer EFNEP. \$62.5M appropriated for EFNEP.

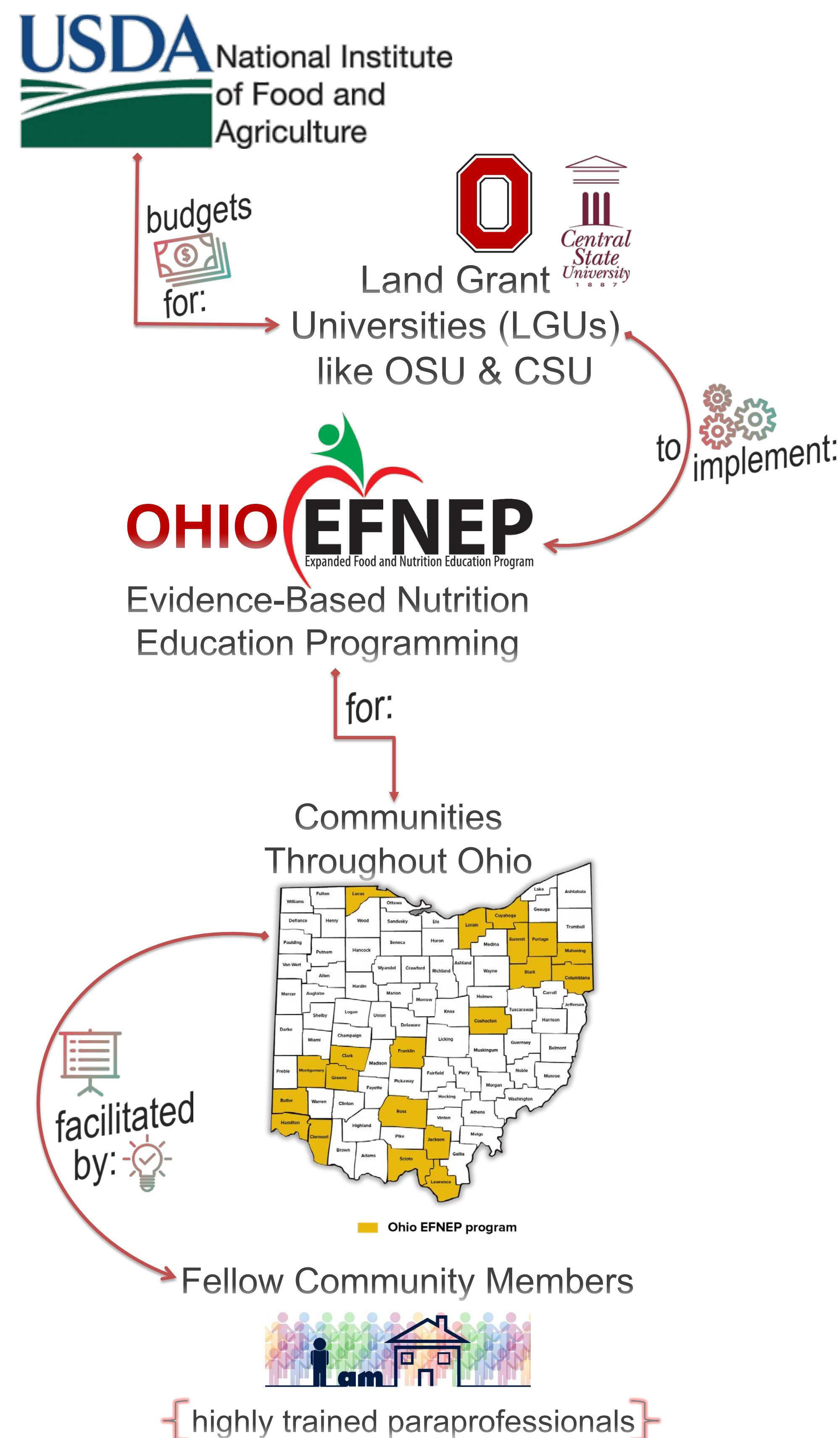
2008
WebNEERS (web-based data/reporting system) replaces ERS.

2017
Core competencies developed for supervisors. Technology policy, volunteer policy, and national policy updates are published.

2019
50 YEARS LATER



WHO MAKES IT POSSIBLE



WHO WE PARTNER WITH

WE PARTNER WITH a wide variety of agencies and sites throughout the state in an effort to reach as many Ohioans as possible. Some examples of community partners include:

- Adult rehabilitation centers, emergency food assistance sites (food banks, pantries, and co-ops), farmers' markets, food stores, health care sites, summer meal sites, public housing locations, and parks and recreation departments,
- Job and Family Services (JFS), WIC program sites, jails and prisons, shelters
- Adult education and job training facilities, extension offices, college campuses, literacy centers/programs, refugee service centers, work sites, libraries, schools, Head Start program sites, boys and girls clubs, pre-schools, and day cares
- Churches, the Salvation Army, the YMCA, community centers

IMPACTS

HOW HAS EFNEP BENEFITTED SOCIETY? We think this statement from USDA-NIFA sums it up nicely:

Through a community-based, relationship-driven, hands-on educational approach, EFNEP has directly impacted economic, obesity, and food insecurity challenges that hinder the health and well being of this nation.¹

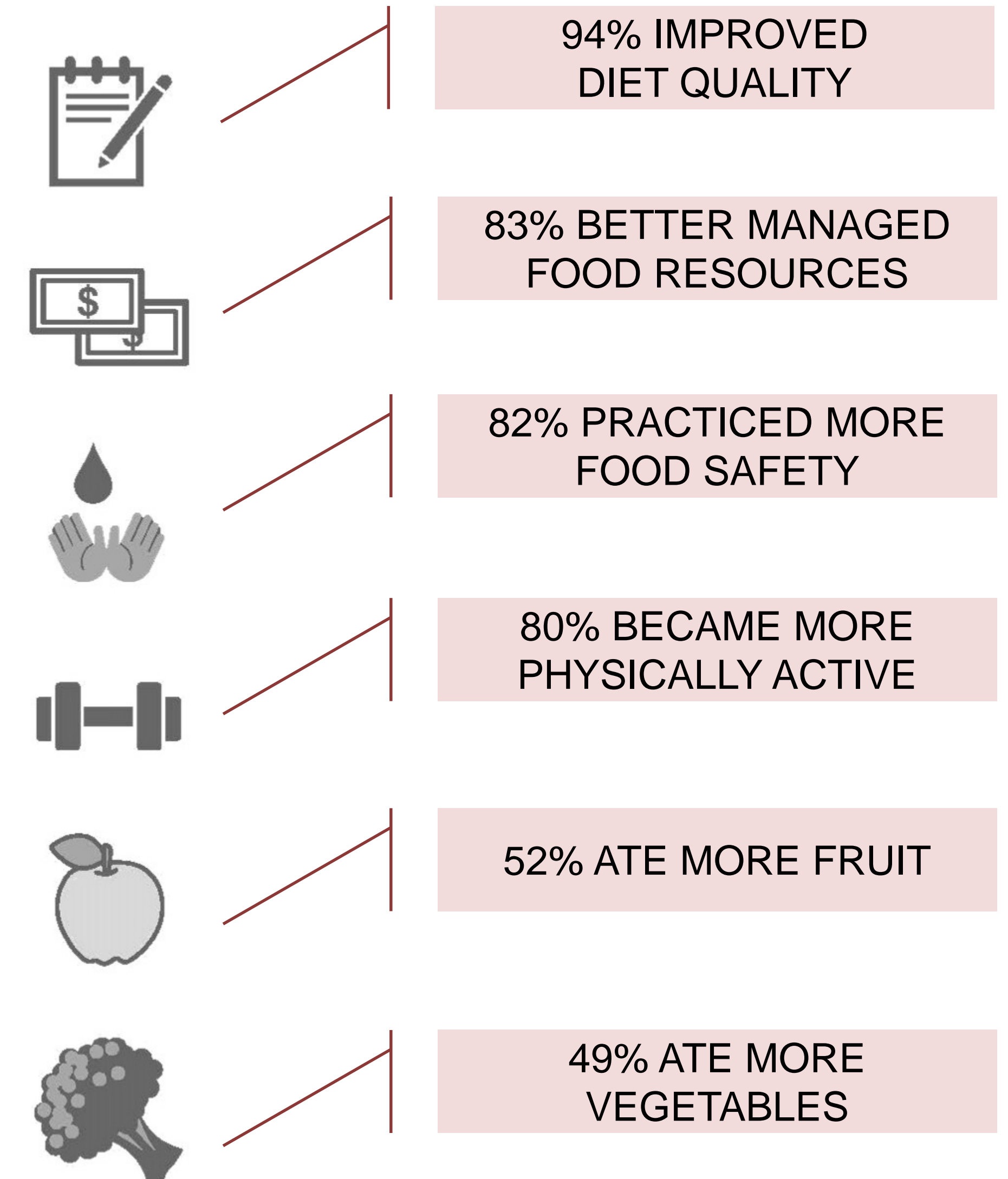
Celebrating a Success from our 5 Year Partnership with JRC Learning Center in Stark County



At the start of an EFNEP series at a residential school for teen boys, the teens insisted they were not offered enough vegetables in the meals served at the school. The PA teaching the class series made vegetarian recipes during the cooking portions of the program. The EFNEP recipes were well-received by most of the teens, and they even told the cook how much they liked the recipes. The cook later asked for copies of the recipes so she could include them in the school's meals. A staff member, who was present during the lessons, made the Vegetable Quesadillas recipe as a snack for the teens. Through the EFNEP lessons, the teens learned skills to use in daily life and the leaders used the information to improve the quality of meals served at the site. Although these teens are not currently able to make all their food choices, they are making suggestions for improving the foods they are offered. The teens will also be able to utilize this information when they become independent.

IMPACTS, cont.

IN OUR 2018 FISCAL YEAR, Ohio EFNEP shaped remarkable behavior changes in the lives of our participants. The participants made nutrition, physical activity, food resource management, and food safety a priority for themselves and their families.



ACKNOWLEDGEMENTS

WE ACKNOWLEDGE the EFNEP Program Assistants across Ohio for their dedication to the program and our participants; our SNAP-Ed, Family and Consumer Sciences, and Extension colleagues for their support of our program; and, all of the community partners who make this work possible by collaborating with us to help participants make positive changes related to nutrition and physical activity.

BIBLIOGRAPHY

- USDA-NIFA. 2018. The Expanded Food and Nutrition Education Program (EFNEP). <https://nifa.usda.gov/program/expanded-food-and-nutrition-education-program-efnep>